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Rail line to Gatineau a no-brainer

'It's just a matter of time'

One on one with **Jim Watson**

Ryan Tumilty
Metro | Ottawa

Mayor Jim Watson said extending the LRT system into Gatineau should be in the city's long-term plans after the train reaches Kanata.

In a year-end interview with Metro, Watson said he is excited that the progress on the city's LRT system will continue and expects there will be a commitment from the federal government for Phase 2 soon. "It's just a matter of time, crossing T's and dotting I's," he said.

Watson said he's glad that the environmental assessment for extending the train to Kanata, which he calls "Phase 3," is in the city's budget, but the city has to keep thinking decades out and next stop should be Gatineau.

"We don't have the money for it and we haven't even done an environmental assessment, but I think when you're looking at transit, you have to be looking long term," he said. "I see Phase 4 as going into Gatineau through the Prince of Wales Bridge connecting their Rapibus system to our train system."

Watson said the two cities are so closely connected that ultimately a seamless transit connection has to happen. "You look at the numbers and there are tens of thousands of people every day that cross the bridges."

Metro sat down with Mayor Jim Watson to get his thoughts on what 2017 and beyond may have in store. Check Metro Ottawa this week for more stories from our conversation

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metro NEWS

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Ban Ki-moon alarmed over 'atrocities against a large number of civilians' in Aleppo. **World**

Jane Philpott, Federal Minister of Health and Ralph Goodale talks to media after making an announcement regarding an act to amend the Controlled Drugs and Substances Act and to make related amendments to other Acts during a press conference in the foyer of the House of Commons on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Simplifying safe injection sites

HEALTH

Objections from mayor, police unlikely to stand in way

Ryan Tumilty
Metro | Ottawa

The federal Liberals are streamlining the process to allow communities to apply to set up supervised injection sites quicker, with less red tape and with less room for community objections.

Health Minister Jane Philpott introduced the bill that would clear out a long list of regulations and conditions for establishing sites that the previous Conservative government introduced.

Those conditions included a requirement to have the approval of a community's council and its police chief. In Ottawa, both Mayor Jim Watson and Ottawa police Chief Charles Bordeleau have indicated they don't support an injection site.

Philpott said the changes are necessary to deal with a public health crisis that is only growing.

"We need to take swift action on the opioid crisis to save lives. We need a renewed focus on harm reduction," she said.

British Columbia and Alberta have seen the most pronounced increase, but communities across the country have seen a dramatic spike in overdose deaths from fentanyl, a synthetic opioid.

Ottawa police have confirmed that fentanyl has been found in street drugs in the city, and its much stronger cousin carfentanil has been found in Ontario.

Philpott said the previous government's long list of conditions was a major barrier to getting safe injection sites set up. She said the overall goal of the changes in the new bill is to treat drug addiction as a health problem not a justice system issue.

"It will reframe problematic substance abuse as the public health issue that it is," she said. "We will re-instate harm reduction as a key pillar in this strategy."

The Conservative government fought the continued operation of Insite in Vancouver, which was then the country's only safe injection site.

After losing several court battles on the issue, the government drafted regulations that required a lengthy and detailed approval process for new safe injection sites.

Philpott's new legislation would whittle down 26 current requirements to five. She would require agencies looking at opening up a site prove there is a need and that they do an appropriate consultation with the community.

They would also have to provide evidence that there would not be an increase in crime and that there were appropriate rules and resources in place before a site began to open.

> **We need to take swift action on the opioid crises to save lives. We need a renewed focus on harm reduction.** Jane Philpott

She said each community will be treated differently, but overall the government believes safe consumption sites can be an important tool.

"The evidence is very clear that when they are well established and well maintained in communities that want and need them, community supervised consumption sites save lives."

Ottawa's public health board has approved a policy supporting safe injection sites, but that was done despite the objections of Watson and Bordeleau.

Watson said he simply believes that resources could be better used.

"My view is that scarce health dollars should go into the treatment facilities," he said. "We need to help them not to get more drugs, but to help them get off drugs."

Watson said health decisions like this belong in the hands of the health board however and he wouldn't stand in the way of their decision.

"They have made the decision that they want it and at the end of the day it's the health board decision."

Philpott also pledged a more transparent process that would allow Canadians to see online which communities had applied for safe injection sites and what the status of those applications was.

She said some communities have already applied, but suspected it would be months before anything opened.

The government also announced border changes aimed at curbing the importation of illegal drugs.

Currently, customs officers can not inspect envelopes weighing less than 30 grams without the sender's permission, but public safety minister Ralph Goodale

Goodale said with the potency of fentanyl that has to change and all packages will be inspectable if a customs officer has grounds for suspicion.

"As little as two milligrams of fentanyl can kill. In a 30-gram pack that is 15,000 deadly doses."

He also announced changes that will make it more difficult to import pill presses.

Refugee program in spotlight

CONFERENCE

Global experts to look at how settlement effort works

Ryan Tumilty
Metro | Ottawa

Experts from around the world are coming to Ottawa this week to see what Canada gets right on resettling refugees.

The Global Refugee Sponsorship Initiative is hosting a three-day conference from Tuesday to Thursday aiming to showcase Canada's private refugee sponsorship program.

That program allows Canadians to sponsor a refugee family coming to Canada.

University of Ottawa professor Jennifer Bond is among the organizers of the event. She said Canada's system is unique in the world and has a lot to offer.

"There have been a few very small-scale pilots in a couple of jurisdictions, but really Canada is the only country that has a big robust program," she said.

Registered Early Childhood Education Educator **Kimberly Vandermeer leads Syrian refugee children in circle time activities** during a playgroup organized by Ottawa Community Health Centres in Ottawa. THE CANADIAN PRESS

Representatives from Argentina, Australia, Brazil, Chile, Germany, New Zealand, the United Kingdom and the United States are coming to the conference.

> Canada is the only country that has a big robust program.
> Jennifer Bond, University of Ottawa

Bond said while any potential program would have to be tailored to the individual country, there is a lot to share here.

"What is common in many places around the world is compassion that lives in communities. I really think there are caring people all over the world who recognize the tragedy that is happening," she said.

She said with that base a private sponsorship program could be tailored for any one of these countries.

"It's not about taking Canada's model and just plunking it somewhere else, it's very much about taking the expertise that Canada has to offer," she said.

Bond said while some politicians around the world have had negative things to say about refugee resettlement, it's nice to see so many countries interested in the Canadian model.

"In a space that does feel a little bit dark these days this initiative does offer some hope," she said.

The initiative is led by the government of Canada, but also has participation from the University of Ottawa, the United Nations High Commission for Refugees and several foundations.

Most of the conference's events are closed to the public, but there is a town hall discussion on Tuesday evening at Alex Trebek Hall at 7 p.m.

NEWCOMERS

Group votes for funding

Haley Ritchie
Metro | Ottawa

Refugee 613 director Louisa Taylor said the group wants to secure funding to continue its efforts in the new year.

The grassroots coalition works to connect various efforts and has become an important hub for information for both private sponsors and other Ottawa residents wanting get involved.

On Friday the group met to vote on whether or not to keep going in 2017.

"If what we're doing is not needed than we don't want to be here," said Taylor. "We did a survey of almost 200 people and the overwhelming response was that there is a need for this kind of information and connections to continue. We want to continue keeping the issue of refugee resettlement and support on the front burner."

"The challenge now is to secure funding," she said.

COFFEE SHOPS

Second Cup leases prominent West Wellington retail space

Second Cup will construct one of its new café concept stores in the former World of Maps storefront on Wellington Street West as the Canadian coffee chain attempts to regain market share lost in recent years to its expanding competitors.

The new store, located at the corner of Holland Avenue, will open in early 2017, company officials say.

The space has sat empty for more than a year since popular niche retailer World of Maps moved several blocks east. Store owner Petra Thoms said earlier this year that the rent, which was some $10,000 a month plus utilities, was a factor in her decision to move.

Thoms said Starbucks was initially interested in filling the storefront, but eventually took a pass. The Seattle-based chain has a location several blocks north in Holland Cross, across from Tunney's Pasture.

The new Second Cup will also be competing against Ottawa-based Bridgehead, which has nearby locations to the east and west, as well as other speciality food and beverage shops along the popular retail strip.

> This location will reflect our new brand image.
> John Kazmierowski

John Kazmierowski, Second Cup's vice-president of development and construction, said in an emailed statement that the company is betting on its new café concept — which includes locally baked goods and custom artwork — to distinguish itself from the competition.

"This location will reflect our new brand image," he said. "The café is bright, warm and welcoming. It's the sort of spot that customers want to spend time in and truly complements the culture of the neighbourhood."

The company declined to discuss rental rates and fit-up costs or say whether the store would be corporately owned or owned by a franchise operator, saying the latter information was confidential.

However, a full-page ad in this week's Kitchissippi Times newspaper says Second Cup is looking for individuals to own a franchise in West Wellington.

The company's relationship with its franchise owners has been a sore spot for the Second Cup in recent years, with several launching lawsuits and others complaining of high renovation costs and rents, according to an August Globe and Mail feature.

The story noted that Second Cup was attempting to address the concerns of its franchise owners by reducing royalty and marketing fees, among other measures.

There are 298 Second Cup stores across Canada, reportedly down from nearly 400 at the company's peak.

PETER KOVESSY/
OTTAWA BUSINESS JOURNAL

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TRANSIT

Gatineau bus union has strike mandate

Haley Ritchie
Metro | Ottawa

Employees of Gatineau's public transportation service have voted in overwhelming favour of a strike mandate.

On Sunday, employees of La Société de transport de l'Outaouais (STO), including drivers and maintenance staff, voted 98.3 per cent in favour.

The decision means the union will have the authority to call for job action after 60 days, including a strike. The union would still be required to give 72 hours' notice. Syndicat Uni du Transport local 591, represents 557 employees.

In a statement on the STO website, which is only available in French, the organization said it wants to reassure customers that negotiations are continuing in December.

The strike mandate, reads the statement, is part of the negotiating process and does not mean a winter strike is inevitable. The Canadian Council on Labour Relations Board will be making a decision mid-December on whether the bus service is an "essential service." The hearing will take place Dec. 19-21.

If the council decides the buses are an essential service, drivers and maintenance staff will not be able to walk off the job.

Drivers and maintenance employees have been without a contract since Dec. 31, 2014. The union told La Presse that the main issues are working hours and wages.

In September, some drivers began protesting by wearing bright yellow shirts, with a message demanding a fair contract. In response, STO sent out warnings and threatened unpaid, one-day suspensions to participating employees citing their mandatory uniform policy.

ACCOUNTABILITY

Energy board rejects auditor-general ask

The Ontario Energy Board is rejecting a call from the province's auditor general to clarify the so-called global adjustment charge on electricity bills.

The global adjustment is an extra charge to cover the gap between the guaranteed prices the Liberal government promised electricity generators in 20-year contracts and actual market rates.

It's added to the time-of-use electricity rates for consumers and businesses, but at different percentages for peak, mid-peak and off-peak hours.

Auditor general Bonnie Lysyk estimated the global adjustment accounted for 70 per cent of consumer's electricity rates in 2013, and said in her 2016 annual report this month that it should be much clearer for consumers.

Lysyk recommended hydro bills be changed to separately disclose the components of pricing — the electricity market price and the global adjustment.

However, the energy board said it considered Lysyk's recommendation and decided not to implement it, insisting that breaking down the global adjustment would not clarify prices for consumers but would likely create more confusion.

Energy Minister Glenn Thibeault's office said the government would not order the OEB to break out the charge on bills.

THE CANADIAN PRESS

Ottawa Centre MPP Yasir Naqvi announces $3 million in provincial funding to get things moving on plans for the new Civic campus of The Ottawa Hospital. ADAM KVETON / FOR METRO

$3M for Civic campus

INFRASTRUCTURE

Cash meant to start planning for the new hospital site

Adam Kveton
For Metro | Ottawa

With little more than a week since the new Civic campus' location was decided, the provincial government is providing $3 million to get planning started.

Ottawa Centre MPP Yasir Naqvi made the announcement Monday at the current Civic campus site.

According to the Ottawa Hospital's chief operating officer, Cameron Love, the money will kickstart a year-long process, at the end of which the size of the buildings for the new hospital site, and the services it runs, will be established.

During the announcement, the Ottawa Hospital's CEO, Dr. Jack Kitts, talked about "a new standard of care" at the new campus, where the emphasis will not be on getting people in and out as fast as possible, but on patient safety and wellness. This would mean patients get their own rooms with their own bathrooms, which would cut down on disease, as well as emphasis on rapid diagnosis and treatment for when "minutes really do count," he said.

> **It requires a whole community consultation.**
> Bob Chiarelli

Ottawa West-Nepean MPP Bob Chiarelli suggested the new campus would share some similarities to the Mackenzie Vaughan Hospital still in construction near Toronto. But much work remains to determine the specifics.

This first phase of planning will include evaluating clinical activities across the Ottawa Hospital to determine what services might be moved where, said Love. Over the next four to six months, the hospital will also work with the city to start a consultation process around infrastructure planning, transit planning, parking requirements and more.

"It requires a whole community consultation," he said.

Planning will also be undertaken to determine what the current Civic campus site will house. "There are lots of growth demands outside of acute care. There is definitely opportunities that this could be for," said Love.

The cost for the new hospital has been estimated at $2 billion.

COLLISIONS

BikeMaps.org seeks feedback on app

An organization that crowdsources cycling collision and danger data wants to know if its map is making you feel better about cycling.

BikeMaps.org — a project partially funded by the federal government to the tune of approximately $930,000 — has been collecting citizen-reported cycling collision data in the area since early this year.

The stats are accessible through their app or website on a worldwide mapping system, which breaks down when and where cycling collisions occurred. It also shows near-misses, hazards, bike thefts and if an official police report was made.

This data is to supplement police stats and information from other sources, which is fairly limited, said Ward Vanlaar, vice president of research with the project.

"There is also under-reporting (of cyclist-vehicle collisions)," he said, with about 30 per cent of collisions being collected through regular channels.

"The whole idea of doing BikeMaps … is to have an additional source of data that we can use to mine all the data (about bicycling), and analyze it with the ultimate goal of making bicycling safer for all Canadians."

While the project hopes to influence government decisions on planning and infrastructure, it also hopes to encourage more people to start cycling. This December and January, the project is trying to see if their map is making a difference.

In May, BikeMaps.org conducted focus group studies, online polling and roadside surveys to gauge peoples' opinions (both cyclists and non-cyclists) about bicycling.

Now, on Dec. 15 for cyclists and Jan. 12 for non-cyclists, the organization is doing a second round of focus groups to see how opinions have changed, and promote BikeMaps.org.

"Ultimately we want to get more people on their bicycle," said Vanlaar.

Ottawa is one of the first cities to be part of the BikeMaps.org project, along with Victoria and Edmonton.

The project is on the verge of phase two, where similar activities will take place in Montreal, Halifax and Vancouver.

ADAM KVETON / FOR METRO

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Spike in prison violence 'problem' across country

JUSTICE

Prison advocates say such behaviour the new normal

Inmate-on-inmate assault in federal prisons grew 93 per cent during the last decade. DREAMSTIME VIA TORSTAR NEWS SERVICE

It's 26 seconds of brutality — and lays bare the emerging reality of a growing number of beatings in Canada's jails.

Inmate Dwayne Wright, watching television with his feet up, is suddenly sucker-punched from behind by another inmate. A video of the attack shows him falling to the floor, his shoes flying off, as he tries to cover his face from a series of head shots.

His attacker, Charles Wallace, finishes with six soccer kicks to the 34-year-old Wright's head, and calmly resumes pacing and chatting with another inmate.

The video shows the other inmates at Halifax's Central Nova Scotia Correctional facility take little notice, while guards never enter the room.

Some prison advocates and lawyers say such violence is the new normal: Prisons that installed video technology in hopes it would decrease violence find they now instead often serve to document a disturbing long-term rise in beatings that can cause fatalities, brain injuries and life-long trauma.

The last decade has seen a surge in prison beatings, with annual inmate-on-inmate assault in federal prisons growing 93 per cent from 301 a year in 2006-7 to 581 in 2014-15, according to Ivan Zinger, director of the federal Correctional Investigator's office, using Correctional Services Canada data. Provinces, that are responsible for prisoners sentenced to less than two years in jail, report similar sudden rises.

In British Columbia, the Solicitor General's office says assaults and attempted assaults have gone from about 880 in 2011, to about 1,200 last year, up by about a third — with a spike in the first six months of this year.

"It is a reflection of higher inmate counts, the criminal histories of those in custody, and the growing number of inmates with addiction and mental health issues," said spokeswoman Kate Trotter.

In Ontario last year there were 2,762 inmate-on-inmate assaults, up 13 per cent from the number of assaults a decade earlier — though the figures were even higher between 2011 and 2013.

In Nova Scotia, total inmate-on-inmate assaults were up from 196 two years ago to 287 so far this year, a 46 per cent increase.

In Alberta, the number of annual assaults doubled from 263 in 2007 to current levels of 528.

The assaults range from severe beatings to spitting.

"This clearly is a problem right across the country," said John Peach, executive director of the John Howard Society of Nova Scotia. Prison, he says "was never intended to be an informal network to hand out its own punishment." THE CANADIAN PRESS

ALBERTA

Rail crew saves cat that hitched cold ride

Jeremy Simes
For Metro | Calgary

A nearly frozen tabby cat and a "young, strong burly man with a beard," fell in love Sunday after two train drivers found the frozen feline under their engine deck in Wainwright.

Train engineer William Munsey and conductor Brad Slater were working a chilly Sunday morning when they had to drive the Q199 CN train from the small Alberta town to Edmonton.

Temperatures were nearly –40 C with the wind chill.

The two drivers had to inspect incoming trains in the rail yard and, according to Munsey, Slater left to inspect the train's engines.

But Slater found something out of the ordinary. Using his flashlight, he came across a pair of glowing eyes. It was a grey tabby, frozen solid.

Slater called Munsey over the radio.

"When I walked over he said, 'There's a cat,'" Munsey recalled.

Munsey said he asked Slater if he should put the cat "out of its misery" — it looked like it was about to die.

Q the cat was saved by two train drivers. CONTRIBUTED

But Slater begged they take the tabby onboard, so they did.

Slater wrapped the cat in his shirt and, after an hour of howling meows, the grey tabby curled up in his lap and purred. The feline then gladly ate some beef jerky.

Munsey said Slater chose to initially name the cat Q199, which is the name of the train all three of them drove in. He has since simplified the tabby's name to "Q."

"It's a neat thing," Munsey said. "This is a cold, hard, brutal industry and here's this cat, and everyone is smiling over this cat… These tiny acts of kindness are important."

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Syrians flee towards safer rebel-held areas in Aleppo, on Monday, during government forces' efforts to retake the city.
AFP/GETTY IMAGES

Situation in Aleppo 'very critical'

SYRIA

Ban Ki-moon warns against 'atrocities'

United Nations secretary-general Ban Ki-moon has expressed alarm over "atrocities against a large number of civilians, including women and children, in recent hours in Aleppo."

Syrian rebels retreated from former strongholds in eastern Aleppo in a "terrifying" collapse Monday, holding onto a small sliver of territory packed with fighters and thousands of civilians as government troops pressed on with their rapid advance.

The Syrian military said it had gained control of 99 per cent of the former opposition enclave in eastern Aleppo, signalling an impending end to the rebels' four-year hold over parts of the city as the final hours of battle played out.

"The situation is very, very critical," said Ibrahim al-Haj of the Syrian Civil Defence, volunteer first responders who operate in rebel-held areas. He said he was seeking shelter for himself and his family, fearing clashes or capture by the government.

Retaking Aleppo, which has been divided between rebel- and government-controlled zones since 2012, would be President Bashar Assad's biggest victory in the country's civil war. But it does not end the conflict: Significant parts of Syria are still outside government control and huge swaths of the country are a devastated waste-land.

Ban urged all parties on the ground "to protect civilians and abide by international humanitarian and human rights law."
METRO & THE ASSOCIATED PRESS

NEW CHIEF

Former Portuguese PM Antonio Guterres was sworn in Monday as secretary-general of the United Nations. He takes over from Ban Ki-moon on Jan. 1.

TURKEY

Hundreds arrested after bombings

Turkish authorities arrested more than 200 people Monday following suicide bombings near an Istanbul stadium that killed 44 people. The arrests primarily targeted members of a Kurdish political party that already was a focus of a crackdown.

Saturday's attack, which a radical Kurdish group claimed as an act of revenge for state violence against the ethnic minority in the southeast, was the deadliest to hit Istanbul this year.

Authorities blamed the Kurdistan Workers' Party, or PKK. An offshoot of the movement claimed responsibility for the attack on a website blocked in Turkey. THE ASSOCIATED PRESS

GLOBAL DIGEST

TENNESSEE

Terminally ill 5-year-old boy dies in Santa's arms

A Tennessee Santa Claus says a terminally ill 5-year-old boy died in his arms after he gave the child a present in the hospital.

The Knoxville News-Sentinel reports Eric Schmitt-Matzen, who does about 80 events a year as Santa, was asked a few weeks ago to visit the dying boy.

Schmitt-Matzen says he gave the child a toy. He says the boy gave him a big hug, asked "Santa, can you help me?" and died in his arms.

Schmitt-Matzen says it took him days to recover, but he's continuing to play Santa.

The News-Sentinel report didn't include details on the boy or the hospital. Schmitt-Matzen didn't immediately respond to requests for comment.
THE ASSOCIATED PRESS

VENEZUELA

Government seizes 4 million toys to give to poor children

Venezuela's socialist government has seized nearly 4 million toys from a private company and says it will hand them out as Christmas gifts to poor children this holiday season.

The country's fair pricing authority seized the toys Friday from three warehouses run by Kreisel, Venezuela's largest toy distributor. Two company executives were detained on suspicion of promoting price speculation.

Agency director William Contreras alleged that Kreisel under-reported its inventory in order to sell some toys at higher prices. Kreisel has not commented officially beyond responding to Twitter messages of support.

Authorities said local supply committees will be in charge of distributing the toys "fairly" to children.

Venezuela has been wracked by a deep economic crisis accompanied by shortages of goods ranging from food staples to medicine. THE ASSOCIATED PRESS

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Trump cuts threaten Canada

ECONOMY

Feds optimistic they can still attract talent, investments

The federal economic development minister says he likes Canada's chances in the global battle to attract top talent and investment even as a potential threat lurks in the distance: Donald Trump's promise to significantly slash taxes.

Experts warn that any future corporate and personal tax reductions in the United States that are even close to the levels promised by the president-elect would put Canada at a considerable disadvantage.

When asked about Trump's promises to cut taxes, Navdeep Bains listed selling points he said would keep Canada competitive, including its inclusive society and solid education system.

"If you look at individuals that come to Canada, for example, they obviously are seeking economic opportunity, but quality of life is another key component and I think when it comes to that equation we have a very compelling proposition," Bains said in a recent interview.

Donald Trump's promise to significantly slash corporate and personal income-tax rates could create a competitive challenge for Canada.

AFP/GETTY IMAGES

Taxes matter when it comes to corporations, Bains acknowledged. But business leaders say Canada distinguishes itself globally, he argued, citing diversity, immigration policies and university investments focused on science, technology, engineering and mathematics.

Trump has vowed to drop the tax rate for top-income earners by six per cent and by three per cent for middle-income earners.

Trump also promised to bring the U.S. corporate rate, one of the highest in the world, down to 15 per cent from 39 per cent. Trump's target is even lower than the House Republicans' proposed rate of 20 per cent.

Such a cut would make the U.S. corporate rate far lower than the average effective rate in Canada, where it's about 26 per cent when federal and provincial rates are combined.

While Trump is likely still a long way from cutting taxes, tax-policy expert Jack Mintz says all signs point in the direction of "major" reductions in the U.S. corporate rate.

On personal taxes, Mintz said Trump's vow would see earners in the highest U.S. bracket — families taking home more than $400,000 US — paying about 40 per cent of their income in combined federal and state taxes.

In Canada, he said top earners — those making more than $200,000 — now face a combined rate of about 53 per cent, which is among the highest in the industrialized world.

The Liberals have created a new bracket that raised taxes on the highest earners.

"We don't look particularly competitive in attracting talent when you have both a low dollar and, now, a really high marginal tax rate cutting in at a relatively low income level," said Mintz of the University of Calgary's School of Public Policy.

THE CANADIAN PRESS

INTERNET

Google to put server in Cuba

Google and the Cuban government signed a deal Monday allowing the internet giant to provide faster access to its data by installing servers on the island that will store much of the company's most popular content.

Storing Google data in Cuba eliminates the long distances that signals must travel from the island through Venezuela to the nearest Google server. More than a half century after cutting virtually all economic ties with Cuba, the U.S. has no direct data link to the island.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, December 13, 2016

CHANTAL HÉBERT ON TRUDEAU'S YEAR-END PRESSER

It can't have come as a surprise to the prime minister that while he was asked what he regretted about his first full year in office, he was not queried about what he believes were his successes.

Justin Trudeau would not be human if he had not wished the year-end news conference he gave on Monday on Parliament Hill to provide him — in the spirit of the upcoming holiday season — with an opportunity to celebrate the many missions he believes his government accomplished in 2016.

But he would not be where he is today if he still believed in Santa Claus. And so it can't have come as a surprise to the prime minister that while he was asked what, if anything, he regretted most about his first full year in office, he was not similarly queried about what he believes was his greatest success.

For the record, Trudeau said the execution in the Philippines of two Canadians held hostage for ransom by Islamic extremists had made for his darkest hours as prime minister. A less introvert Stephen Harper would have answered along the same lines. The responsibility to make life-and-death decisions is one that no prime minister takes lightly.

On the plus side, Trudeau might have liked to bask a little longer in the afterglow of the climate pact ratified Friday by 11 of Canada's 13 provincial and territorial governments. After all, when Canada signed the Paris climate accord a year ago, many commentators doubted the capacity of the rookie government to do the heavy lifting required to translate talk into concerted federal-provincial action.

IN A REFLECTIVE MOOD Prime Minister Justin Trudeau speaks at his year-in-review press conference at the National Press Theatre in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

The Liberals have seemed both blindsided by and blind to the perception that the PM is being elastic in his interpretation of his own ethical rules.

But it is the nature of politics that one crisis chases another and so three items of unfinished but time-sensitive business took precedence:

1) More so than climate change, health-care funding has been an apple of discord between Trudeau and the premiers. It was initially Harper who decreed that as of next year the annual increase of the federal health transfer would fall to 3 per cent from 6 per cent. Ever since Trudeau made that Conservative decision his own, the provinces have been crying foul.

The issue was the main topic of the dinner Trudeau hosted for the premiers Friday night. On Monday, the prime minister said he expected a resolution of the matter before the holidays. The relative radio silence that has attended the aftermath of the first ministers' dinner suggests a compromise designed to allow everyone to save face is in the works.

2) On electoral reform and Trudeau's promise of a new voting system in time for the 2019 election, the Liberals have ended up tangled in a web of their own weaving. Monday, the prime minister professed excitement about the ongoing government's online consultation — the one that almost everyone else has talked about for the wrong reasons. The exercise's main claim to fame is to have inspired parodies in both official languages.

Over the past six months, much of the intellectual energy of the top levels of the government has been focused on the dual issues of pipelines and climate change — at some cost to lesser files. If there is a point to Trudeau's latest contribution to this comedy of errors, it may be to buy the Liberals time so as to regroup and figure out where to go from the current electoral reform quagmire between now and when the House resumes in late January.

3) Political financing, finally, was never meant to be on the Liberal radar and its appearance has not been good news for the government. It has seemed both blindsided by and blind to the widespread public perception that the prime minister is being elastic in his interpretation of his own ethical rules when he allows his party to trade access to himself and his cabinet for donations.

Based on Trudeau's news conference, that blindness starts at the very top. On Monday, the prime minister said donors did use the access their money bought to lobby him but that it had no impact on his decisions. He compared chatting with donors at exclusive private events to the hosts of closed-doors meetings he holds with municipal politicians and/or community organizations.

Trudeau sees a parallel between the discussions he has with representatives of other levels of governments, such as the premiers he spent the day with on Friday and well-heeled contributors to his party's coffers. At this rate, he will soon be reassuring his provincial counterparts that he does not hold it against them that they get to spend quality time with him free of charge. After all, time is money in Liberal land.

Chantal Hébert is a national affairs writer.

Scenes from banned movie night at city hall

COLLINS' CAPITAL
Steve Collins

If it hadn't been cancelled last week, I probably wouldn't have bothered seeing The Red Pill, Cassie Jaye's allegedly anti-feminist, misogynist movie. But it was, so I did.

Activists for men's issues don't get much respect. The Canadian Association for Equality (CAFE) doesn't even have the words in their name. They get shouted down with megaphones on university campuses, characterized as whiners and woman-haters, conflated with racists and homophobes.

The last time they came to my attention was about two years ago in the context of the (rather dumb) debate over "manspreading," men allegedly taking up too much space on public transit by sitting with their legs apart.

The discourse had already gotten noticeably toxic and petty on all sides by the time CAFE weighed in with a comically defensive petition that read, in part, "It sometimes can be physically painful for [us] to close our legs and we can't be expected to do so."

I had a good chuckle, filed a column and moved on.

Last week, the Mayfair cancelled the Ottawa chapter of CAFE's private screening of The Red Pill after the theatre got complaints from customers and sponsors.

The owners, doubtless just hoping to sell popcorn and avoid trouble, scratched the screening. Then they got angry calls for cancelling it.

CAFE rented a room at city hall to show the film, and this is what truly public space is for. Theatres are businesses, sensitive to consumer pressure. Universities can ironically prove quite hostile to the wrong sorts of ideas.

I encountered peaceful protesters outside city hall (a polite young couple shyly handed me a leaflet) and police outside the screening room. The first showing was sold out (there might be a lesson in here somewhere about the perverse effects of attempted censorship) so I caught the second one. There's a third scheduled at the Ottawa Public Library's main branch on Sunday.

So what's in it? Your mileage may vary, but I saw a documentary, and a fairly balanced one, in which Jaye conducts substantive interviews with men's rights activists and feminists. She found her research challenging some of her preconceptions about men's rights and issues like domestic abuse. (Statistics Canada notes that the same percentage of men and women, about four per cent, report physical or sexual abuse by a partner. Women still disproportionately report the most severe forms of violence.)

The screening crowd wasn't angry, nor was it all male, all white, or all anything. The main order of business was raising money for a men-and-families resource centre in Ottawa similar to the one CAFE established in Toronto. In an after-film discussion, one man identified himself as a survivor of traumatic sexual abuse.

You don't have to see The Red Pill. CAFE has every right to talk, but you don't have to listen. All I'm saying is you might be surprised if you did.

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metro LIFE

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Tuesday, December 13, 2016

Far too many people in television provide a safe space for politicians instead of pushing back and saying 'you didn't answer this question.'
CNN's Jake Tapper is making it his signature to show pit bull-like tendencies when an interview subject avoids a question.

Neuroscience explains why we fall

Elderly are at risk when their brains work especially hard during ordinary tasks, new research finds

Subtle changes in older people's brain activity may increase the risk of falls by as much as 32 per cent, according to a new medical research paper. ISTOCK

Genna Buck
Metro Canada

Vivian Kong knows first-hand how an elderly person's world can shrink after a serious fall.

Her grandfather has been using a cane since he slipped in a parking lot several years back, but it was his latest fall, about two years ago, that really affected his independence.

"He now lives in assisted living — he had his own apartment for years — doesn't use transit anymore, and because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane," says Kong, 26, of Toronto.

Falls affect one in three Canadians over 65 every year, account for more seniors' hospitalizations than any other injury, and cost about $2 billion annually, according to the Public Health Agency of Canada.

A new study has shed some light on why so many of those falls, like Kong's grandfather's, go unexplained.

Subtle changes in older people's brain activity — impossible to measure directly without expensive imaging equipment — may increase the risk of falls by as much as 32 per cent, according to a new paper in the journal Neurology.

And the changes begin years before doctors and family members can spot any outward signs of trouble.

The 166 seniors (average age 75) in the study had no disabilities, dementia or gait problems. They were hooked up to a machine that monitored activity of the prefrontal cortex; the decision-making part of the brain.

Then they were asked to do tasks such as walking and reciting every other letter of the alphabet at the same time.

The people whose brains were working especially hard during that particular task, possibly to compensate for mild cognitive decline, were much more likely to suffer a fall over the next four years. The result remained even after researchers controlled for other risk factors.

These findings are important because care providers could be missing some people who are at risk, said Matt Aymar, knowledge translation coordinator at the injury-prevention organization Parachute.

"My initial reaction was wow," Aymar said. "Here is a warning sign, and it's coming a little earlier down the road."

"Because doctors don't know why his most recent fall happened, he now owns a scooter and uses a cane.
Vivian Kong, 26, whose grandfather now lives in assisted living after a bad fall

Someone who can pass a typical screening test with ease — get out of a chair, walk three meters, turn around and walk back with a normal gait — might be "using more brain than their friends" to do it, Aymar said.

More research is needed to learn the underlying causes of falls, so new interventions can be designed, he added. "We could really benefit from more prevention. It will save society a lot of money and give older adults vitality they deserve as much as anybody else."

A fall, especially accompanied by a broken hip, is often the "slippery slope" to a steep decline, Aymar said.

According to Hamilton, Ont. occupational therapist Kayla McDowell, "Sometimes something as simple as a fall in the bathroom can really devastate someone's world."

"Adult children who work full-time and have families are often relied upon to pick up pieces like meal prep, laundry, and, depending on the severity of the injury from the fall, even things like toileting. This puts a lot of pressure on families and individuals," she said.

Kong's family has been relatively lucky in that regard.

"(My grandfather's) English isn't very good, so there are limited (medical) resources, but he's still pretty independent. He goes out with seniors' groups, and finds Chinese-speaking taxi drivers to take him places. He just moves a lot more slowly and my parents fuss over him a lot more."

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Struggling to pay for mental health

DEPRESSION

Sufferers find it difficult to navigate health system

Keith Bundock isn't sure when his life started falling apart.

He might've been 35, or maybe 40. During that time, his marriage was breaking down and his church was closing up. His support network was suddenly gone, and he was having odd, unsettling feelings of fogginess and confusion.

Even stranger, though, was that Bundock often didn't feel much at all.

It wasn't until a suicide attempt left him in a psychiatric ward that the east-end resident learned what was really going on: He was coping with severe chronic depression.

"Looking back, I can see little flashes of it throughout life — I didn't understand it," Bundock, now 53, recalls. "I didn't associate what I was feeling with a mental illness."

Once Bundock was diagnosed, he faced a new challenge: To get the treatment he needed, he had to navigate Ontario's complex mental health care system.

With long wait times and an array of services available from different types of care providers, figuring out where to turn — and where to start — can be tricky when it comes to mental health care, experts say. There's also a cost element, and determining how to pay for care is often another challenge for people coping with mental health issues, says the Canadian Mental Health Association.

Indeed, people often don't know how to navigate Ontario's "bewildering" mental health care system, says psychiatrist Dr. David S. Goldbloom, senior medical adviser at the Centre for Addiction and Mental Health. "And it's probably a misnomer to call it a system, because that would suggest an organization of networks, and that's not the case."

Bundock agrees.

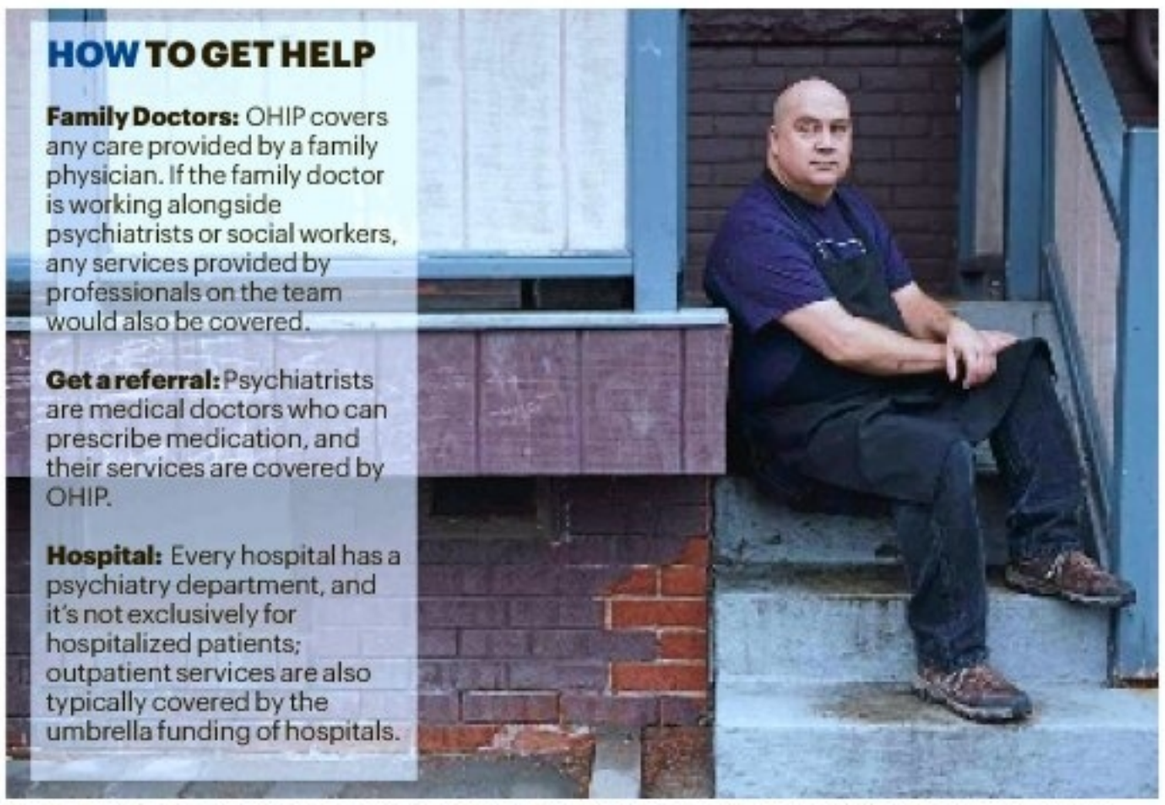
"Entry into the system can be, at best, a bit of a shock," he says recalling his experience. "It's not smooth and it's not clear … we don't know what our own needs are when we enter."

HOW TO GET HELP

Family Doctors: OHIP covers any care provided by a family physician. If the family doctor is working alongside psychiatrists or social workers, any services provided by professionals on the team would also be covered.

Get a referral: Psychiatrists are medical doctors who can prescribe medication, and their services are covered by OHIP.

Hospital: Every hospital has a psychiatry department, and it's not exclusively for hospitalized patients; outpatient services are also typically covered by the umbrella funding of hospitals.



Keith Bundock now gives back to the Canadian Mental Health Association by volunteering with the group who helped him through severe chronic depression. TORSTAR NEWS SERVICE

For Bundock, being put into contact with a social worker at CMHA was a huge help.

"She was able to walk with me and explore things and was one of those people that would bring things to me that I didn't know were out there," he said.

The social worker helped Bundock access disability support as he underwent treatment with a physician.

"It took several years before I could get by without medication," he says. "I learned the signs of what was leading me to depression."

That support from his social worker was integral as Bundock began to rebuild his life. He moved into a rooming house and eventually took out a student loan to obtain a culinary degree from George Brown College.

> **"It's probably a misnomer to call it a system, because that would suggest an organization of networks, and that's not the case.**
>
> Dr. David S. Goldbloom, Centre for Addiction and Mental Health

He's now working full-time running a food program, and volunteers at CMHA — his way of giving back to the organization that helped him stay afloat during one of the darkest times of his life.

"I volunteer to help people who are in the same place I was," he says. TORTSAR NEWS SERVICE

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We're a nation of rich Eleanor Rigbys

ADVICE

Wave of online dating scams cost Canadians $17M in 2015

Sofi Papamarko
For Torstar News Service

This can be a lonely time of year for a lot of people, especially singles. But no matter how badly you want to partner up, for those who use online dating sites to forge connections with potential mates, it's important to give your head more credence than your heart.

In other words: if the person you're communicating with online seems too good to be true, they probably are. In 2015, Canadians were bilked out of close to $17 million by online dating scammers. And those are just the reported scams.

Scammers attempt to earn the love and trust of their online targets before asking them to send money for seemingly legitimate reasons — a plane ticket or a family emergency, for example.

According to Borke Obada-Obieh, a graduate student in computer science at Carleton University studying security precautions taken by online daters, Canada is ranked the 7th country most susceptible to online dating scams.

"Desire to find an emotional connection with someone could make (dating site users) easily vulnerable to scamming," she says.

We're a nation of Eleanor Rigbys with money. This makes us sitting ducks to scammers.

According to Obada-Obieh's findings, scammers reach out to people of all ages, but their targets seem to skew female.

Wende Wood, 47, has been approached by would-be online dating scammers at least five times. The Calgary-based woman lived in Toronto for 17 years. It was here where she was targeted by a man who claimed to be "Larry," a Romanian-Canadian from Toronto who strung her along for nearly four months.

"His first messages were very long and flowery and full of compliments," Wood says. "He was allegedly in the U.K. to settle his late father's estate and complained about not having enough money for a lawyer. He had been telling me that he loved me and that he couldn't wait to start our life together, even though we had never met. I told him to slow down, cowboy."

Online dating scammers are everywhere — you're not any safer on subscription sites. ISTOCK

"Larry" and Wende spoke over Skype, although he refused a video call. He later asked Wood for $10,000 to settle the will.

"After I balked, he lowered it to $5,000 and then $3,000. We argued and I finally sent him a really nasty message and said goodbye and that I hoped that he/they were not successful in conning any other women."

If you're worried about falling victim, here are some things to keep in mind while getting to know people over the Internet:

- If anyone pledges their love to you before so much as meeting you in person . . . that's a huge red flag. Harlequin-novel-level declarations before having met is extremely suspect.
- Online dating scammers are everywhere — you're not any safer if you use paid subscription sites such as eHarmony or Match.
- Take note of faster conversation speed, as this is a common trend among scammers. They're always online and answer messages very quickly.
- Never offer personal information such as your credit card number, bank account number, home address, SIN or anything else you wouldn't casually leave lying around to anyone online.
- Be cautious of profiles with photos of people who look like models or actors. Do a Google Reverse Image search to see where else these photos have potentially landed on the Internet. Never, ever send money to anyone you don't know. For any reason.
- Listen to your gut. When in doubt, have a trusted friend or relative read your online correspondence to see if they can sense if anything is amiss. If you're emotionally invested, your judgment may be off.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at facebook.com/sofipapamarko.

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LA LA LEADING THE WAY MUSICAL RAKES IN SEVEN GOLDEN GLOBES NOMINATIONS

Damien Chazelle's Los Angeles musical La La Land sang and danced its way to a leading seven Golden Globes nominations, with Barry Jenkins' coming-of-age tale Moonlight close on its heels with six nods. La La Land earned nominations for its lead actors, Emma Stone (main) and Ryan Gosling, as well as best picture, comedy or musical in the nominations announced Monday by the Hollywood Foreign Press Association. The other nominees for best picture, drama, were Manchester by the Sea, Lion, Hell or High Water and Hacksaw Ridge. The nominees verified that this year's awards season isn't nearly so white as last year's. Along with Moonlight, nominations were heaped on Denzel Washington's Fences (including acting nods for Washington and Viola Davis) and the interracial marriage drama Loving (leads Ruth Negga and Joel Edgerton were each nominated). The surprise nomination may have come in the best picture, comedy or musical category where Ryan Reynolds' R-rated superhero romp Deadpool (right) was included. CONTRIBUTED

SPONSORED CONTENT — RBC

12 days of giving

What would you do with an extra $150 in your pocket at this time of year? Buy a well-deserved gift for yourself? Treat the kids to a day of snowboarding? Thanks to RBC, youth across the country are happily giving that $150 away.

Inspired by the ideas select young Canadians came up with for RBC's #Make150Count campaign, RBC has created the 12 Days of Giving. #Make150Count — a nod to Canada's big birthday next year — offers youth between ages 16 and 25 $150 to make a difference in their communities.

Since the campaign launched in October, young Canadians have come up with hundreds of inspirational ideas and acted upon them, says Mary DePaoli, RBC's chief brand and communications officer. She mentions one young girl, Melissa, a patient at SickKids, who used her $150 to buy games and books for the waiting room in the oncology department. Melissa's dad matched the $150 so she could buy additional Tim Hortons gift cards for parents of newly diagnosed cancer patients.

Another participant, Harleen, handed out flowers and kind notes to strangers around her University of Victoria campus. Janine from Edmonton filled up five large shoe boxes with toys, books and personal care items to be sent to kids in underprivileged parts of the world. Torontonian Jai used the money to make gift bags for the homeless, filled with scarves, hats, mitts and socks with a handwritten note wishing them happy holidays. And Ryan from Halifax treated three teens from the Mi'kmaw Native Friendship Centre to a day of surfing lessons, building confidence and friendships.

Beginning today and throughout the next 12 Days of Giving, RBC will be using Twitter, Facebook and Instagram to share some of these inspirational stories from the #Make150Count recipients. Search #Make150Count to see a new one each day.

RBC hopes these ideas will encourage others to give, share and provide comfort this holiday season. "This campaign taps into the goodness within all of us and proves that when we invest in youth, great things can happen," says DePaoli.

Tell us how you will #Make150Count and give back over the holidays, and stay tuned for a special celebration of the projects and people on Canada Day.

In the meantime, RBC is thrilled to see young Canadians doing so much to help their communities prosper, as well as inspiring young and old during the holidays.

How to get started

To kick off the 12 Days of Giving, here are a few suggestions to get started:

- *Perform a random act of kindness*
- *Help the homeless*
- *Give the gift of adventure*
- *Donate to a charity*
- *Collect essential items for a food bank*
- *Organize a community gathering or activity*
- *Pay it forward*
- *Spend time with a senior*
- *Volunteer at a local animal shelter*
- *Recognize someone in your community*
- *Act locally, live globally*
- *Lend a helping hand*

Joey in Ottawa shows his participation in the #Make150Count campaign. CONTRIBUTED

When we invest in youth great things happen.

#Make150Count

RBC

metro SPORTS

The NHL's best team so far in one-goal games? The surging Calgary Flames, who boast a 10-1-2 mark

IN BRIEF

Ronaldo named best soccer player in the world
Cristiano Ronaldo was voted the best player in the world for a fourth time Monday, taking home the Ballon d'Or award in a year in which he led Portugal to its first European Championship title and Real Madrid to another Champions League trophy.

It is Ronaldo's third Ballon d'Or award. He won the FIFA player of the year award in 2008 while still playing for Manchester United. THE ASSOCIATED PRESS

Tannehill diagnosed with sprained ACL and MCL
Ryan Tannehill's left knee injury is less serious than first feared and no surgery is expected, but it remains unlikely he'll play again this season for the Miami Dolphins.

The quarterback's injury was diagnosed as a sprained ACL and MCL, coach Adam Gase said Monday. THE ASSOCIATED PRESS

Supreme Court secures NFL's $1B concussion pact
The U.S. Supreme Court on Monday rejected challenges to the estimated $1-billion plan by the NFL to settle thousands of concussion lawsuits filed by former players, clearing the way for payouts to begin to those who have been diagnosed with brain injuries linked to repeated concussions.
THE ASSOCIATED PRESS

Metropolitan Division teams having their way

NHL

Clubs in the Eastern branch are 28-7-3 since Dec. 3

Jakub Voracek and the Philadelphia Flyers have given their fans a reason to cheer having won their last nine games. MATT SLOCUM/THE ASSOCIATED PRESS

Justin Williams knows from missing the playoffs twice with defending Stanley Cup champions just how difficult it is to make it to the post-season, which is why the Metropolitan Division standings have his full attention.

"I see our division, I see everyone winning," the Washington Capitals right-winger said. "The top eight in the East is going to be tough to get in this year. We plan to be at the top."

Even for the Capitals, who ran away with the division, the top seed in the Eastern Conference and the Presidents' Trophy last season, that's easier said than done. They're on pace for 112 points, which would leave them in third place because the Metropolitan is home to five of the top eight teams in the NHL.

Since Dec. 3, Metropolitan teams are an astounding 28-7-3, led by the Cup champion Pittsburgh Penguins, New York Rangers, red-hot Philadelphia Flyers, Columbus Blue Jackets and streaking Capitals. The Flyers have won a league-best nine in a row, the Blue Jackets six and the Penguins five, so the Capitals' four-game winning streak doesn't have them moving up the standings.

"Win them all if you can," coach Barry Trotz said. "You have a bad day, you could fall like three or four spots. You could go from being a wild-card team to not being in the playoffs to being second in your division if you win."

The competition is so hot that the New York Islanders are still in last place despite winning six of their last 10 and the New Jersey Devils and Carolina Hurricanes are five and seven points out of the last playoff spot in the East. At the top of the division, the Penguins, Rangers, Flyers, Blue Jackets and Capitals have combined to win their last 27 games.

"Everyone's playing at a high level," Rangers centre Derek Stepan said. "There's no room. We're in our playoff push."

No team has pushed toward the playoffs harder than the Flyers, who were 13th in the East before their run began Nov. 27. Philadelphia has risen to fifth in the East behind 15 points from Jakub Voracek, a .930 save percentage from goaltender Steve Mason and a strong power play and penalty kill.

Coach Dave Hakstol said the Flyers are finding different ways to win games, as evidenced by them beating the Edmonton Oilers 6-5 and then a few days later the Detroit Red Wings 1-0 in overtime.

"I think we're playing better defensively as a team," said Voracek, who has 32 points and trails only Edmonton's Connor McDavid in the NHL scoring race. "When we're making mistakes, Mason is playing unreal ... I think as an overall game we got better not only over the winning streak but in the games before. We lost the games when we should've won earlier in the year and now we're winning them. It's a good sign."
THE ASSOCIATED PRESS

> **You could go from being a wild-card team to not being in the playoffs to being second in your division if you win.** Capitals coach Barry Trotz

SID ON A TEAR

- Since Jan. 1, Crosby has a league-best 89 points in only 66 games (1.35 per game), bettering the next closest player (Patrick Kane) by 11 points despite playing in seven fewer games.
- Crosby's also No. 1 with 47 goals in that span, including a league-leading 20 in 22 games this season, heading into Monday's play.

MAKE IT TONIGHT

Harmonious Roasted Chicken and Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You might find this combination unexpected but we promise you'll love pairing of sweet grapes with shallots and garlic.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

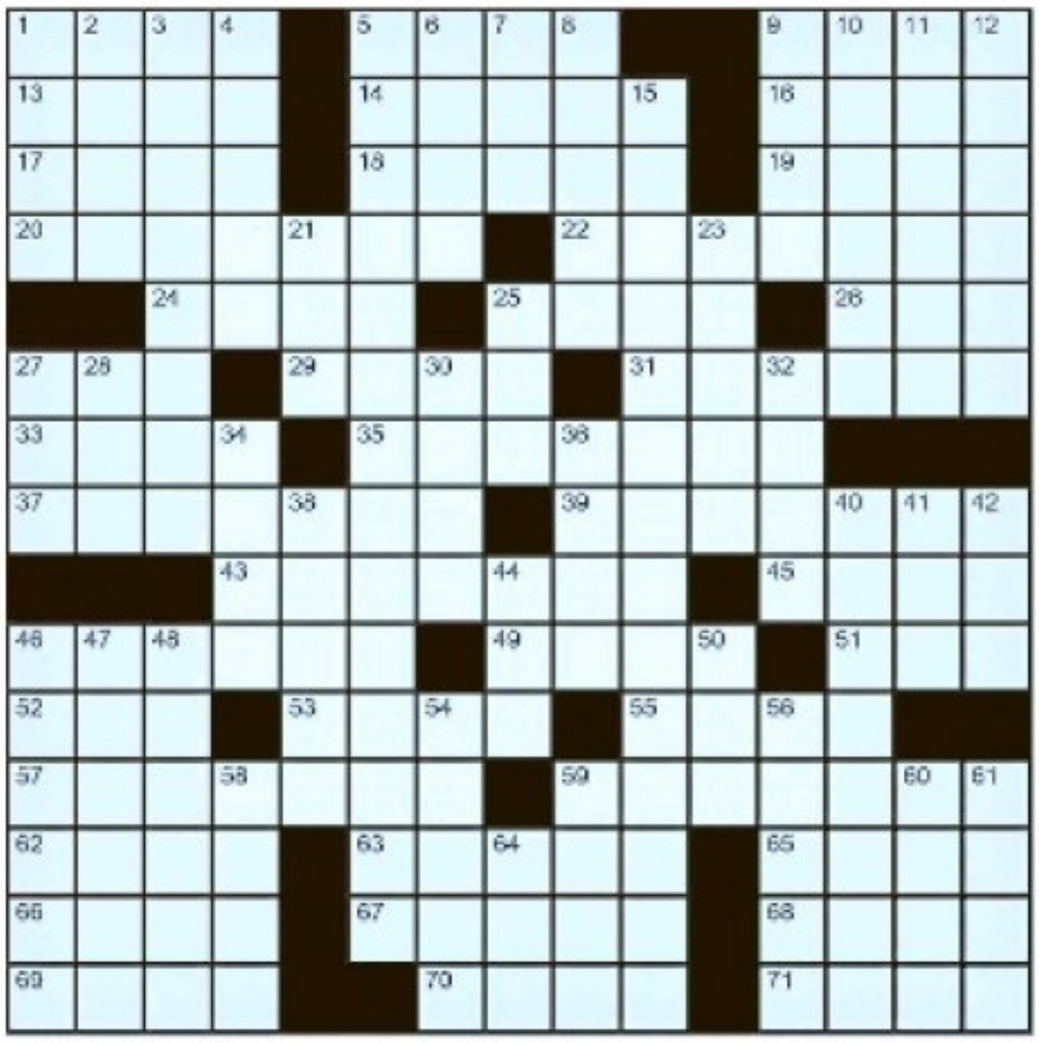
Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 degrees.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't worry about cooking through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook about 3 minutes until they soften. Add grapes, stock, vinegar, sugar and thyme and stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes. Serve over cous cous, mashed potatoes or polenta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cleanser brand, _ and Span
5. Lip _
9. Prescriptions, commonly
13. Faux pas
14. Tragically Hip's "_ by a Century"
16. Handling the matter: 2 wds.
17. Boot
18. Herman's Hermits singer Peter
19. Jason's craft
20. Marxist revolutionary (b.1879 - d.1940) exiled by Stalin
22. Audience's highest showing of appreciation
24. Shark variety
25. Crossword component
26. Prompt in acting
27. Criticize
29. Questionable
31. _! Camera! Action!
33. Nero's 8
35. Reacts to the sniffing salts: 2 wds.
37. Loud noisiness, States-style
39. Most extensive
43. Is in need of repair
45. Ins and _
46. Relay knowledge
49. Jealousy
51. Wee woofer
52. 19th Greek alphabet letter
53. Twisted
55. Vow
57. "Vikings" airer, The _ Channel
59. Groups of fish
62. Moreover
63. Ms. Hall of ABC daytime show "The Chew"
65. _ Mountains (Range in Russia)
66. Spelled-out grades
67. "The Untouchables" role, _ Ness
68. Early helicopter
69. Increases
70. Superior at a French monastery
71. Door fastener

DOWN
1. Prude
2. Really rain
3. Getting a good night's sleep inability
4. Terra's pot tailer
5. CIBC = Canadian Imperial _ _ _
6. Holler at the harbour!
7. Roaring sign
8. Lord's house
9. Castle defence
10. Fortify the food
11. Do this after a big Winter storm: 2 wds.
12. Rocks
15. 1997 Keanu Reeves thriller co-starring Al Pacino: 2 wds.
21. Schuss
23. Mine entrances
25. Exerciser's club
27. Piping stuff, commonly
28. Feel awful
30. _ _ song (Cheaply)
32. Attend: 2 wds.
34. _-European (Language family)
36. Flush
38. Screen legend Greta
40. Super joyfulness
41. After-R trio
42. Sugar amt.
44. Comprehend
46. Home of Odysseus
47. Used a hammer
48. Was a mother hen
50. Cry of impatience!
54. Spiral-horned antelope
56. Sturdy
58. Chuck
59. Neatnik opposite
60. Metallica drummer Mr. Ulrich
61. Swill
64. Chest bone

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your daily routine will change today. Expect to meet new faces and see new places. Avoid arguments with others, which might occur because of today's Full Moon.

Taurus April 21 - May 21
Disputes about money and possessions are likely because of the full moon. Keep an eye on your possessions and finances. Be careful not to lose something.

Gemini May 22 - June 21
Today, the only full moon in your sign all year is happening. This can create stress with partners and close friends. It's a jumpy, unpredictable day!

Cancer June 22 - July 23
You feel restless today because of the full moon. (The moon is your ruler.) Stay calm and carry on.

Leo July 24 - Aug. 23
Conflict with friends might occur today because of the full moon's energy. But they also might occur because someone throws you a curveball or does something you don't expect.

Virgo Aug. 24 - Sept. 23
This is a tough full moon for you. You feel pulled between the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Libra Sept. 24 - Oct. 23
Be careful, because this is an accident-prone day. Obviously, an accident doesn't need to happen, but it does mean you have to be more aware and mindful. Keep your eyes open.

Scorpio Oct. 24 - Nov. 22
Financial disputes and money problems might occur because of the full moon today. This might include arguments about cash or something that you own. Be patient.

Sagittarius Nov. 23 - Dec. 21
Today, the only full moon all year that is opposite your sign is taking place. This might introduce tension and conflict with partners and close friends. Have patience.

Capricorn Dec. 22 - Jan. 20
Be patient with co-workers today, because everyone can feel the Full Moon's energy. This tends to make people feel excitable and inclined to overreact.

Aquarius Jan. 21 - Feb. 19
Be patient with kids today, and likewise, be patient with your friends or members of groups. People are inclined to be touchy today and even tomorrow because of the full moon.

Pisces
Feb. 20 - March 20
This is a poor day to try to keep everyone happy, especially bosses, parents, VIPs, your family and your job. It's all too much! Just do what you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3			5	1		8	
1								5
			6		7			
9		4				6		
7				4				3
		1				2		4
			1		2			
2								7
	5		3	7			6	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	1	9	4	6	5	7	2	3
5	3	7	2	9	1	4	6	8
6	4	2	8	3	7	1	5	9
9	5	6	1	2	8	3	4	7
1	8	4	7	5	3	2	9	6
7	2	3	6	4	9	8	1	5
2	9	5	3	8	4	6	7	1
4	7	8	5	1	6	9	3	2
3	6	1	9	7	2	5	8	4

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